



Wiltshire Council

Family and Community Learning

Helping My Child Build Concentration and Resilience

Ideal for parents and carers of primary school-aged children

Online Course
Monday 29 September

10:00-12:00



- Explore how the environment affects concentration
- Discover how words can help develop resilience
- Develop ways to support concentration and resilience



Visit <https://workwiltshire.co.uk/family-and-community-learning/>

Contact familyandcommunitylearning@wiltshire.gov.uk
Call the FaCL team on 01225 770478
or scan the QR code



Eligibility Criteria

Courses are free for learners aged 19+ (as of 31 August), living in Wiltshire, and meet certain residency requirements.

You must also meet one of the following:

- On a lower income, earning less than £25,750 a year
- Care leaver, foster carer, carer, refugee
- Have a learning difficulty or disability
- Not in work and looking to go into work, now or in the future
- In receipt of benefits (other than child benefit)
- Military family / ex-armed forces personnel
- Have school-aged children who receive means-tested free school meals



Wiltshire Council

Family and Community Learning

Online Course Helping My Child with Anxiety and Worry

Ideal for parents and carers of primary school-aged children

Thursday 9 October 10:00-12:00



- Understand how to support emotional wellbeing at home
- Suggestions shared to manage anxiety together
- Positive and realistic help for the family

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Family and Community Learning

Helping My Child to Prepare Positively for Change



Online Course
Monday 6 October
10:00-12:00

Ideal for parents and carers of primary school-aged children

- Explore the reasons why children may find change difficult
- Discover ways to support your children at home in developing their ability to cope with change.
- Develop an understanding of how simple steps at home can help children prepare for change.

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Wiltshire Council

Family and Community Learning

Online Course Helping My Child with Anxiety and Worry

Ideal for parents and carers of primary school-aged children

Tuesday 4 November 10:00-12:00



Booking Closes
Tuesday 28 October

- Understand how to support emotional wellbeing at home
- Suggestions shared to manage anxiety together
- Positive and realistic help for the family

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